

# HAWAII MARINE SPORTS

HAWAII MARINE C SECTION

AUGUST 24, 2007

## Local Marine prepares for All-Marine Golf Tournament

Story and Photos by  
Pfc. Brian A. Marion

Combat Correspondent

For a few Marines here, golf is their real passion.

Michael Hendrickson, who got his first golf club when he was two years old, is one of those Marines.

“When I was two years old, my dad had a 3-iron specially made that was three and a half feet long,” Hendrickson said. “We headed out back then and started hitting a few balls.”

Hendrickson continued playing throughout his life, but didn’t really enjoy golfing until he was 13.

“I guess it just grew on me at the time,” Hendrickson said. “I was playing it all my life at the time, and my father and grandfather played it for as long as I can remember. I guess it was then I started to realize I enjoyed the game for the game, and not just for hitting a ball around.”

Unfortunately, Hendrickson’s enjoyment for the game waned when he transferred to Coppell High School in Texas his junior year.

“When I was a junior, I joined the golf team, but I was only practicing occasionally,” Hendrickson said. “At the golf matches, I would occasionally get 2nd or 3rd place, but most of the time I was only good enough to stay on the team. Had I been practicing, I would have become better at course management, with my swings, and would’ve been a lot better.”

Hendrickson’s love grew again after he joined the Marine Corps and had been in for about one and a half years.

“I joined the Corps after high school, because I wasn’t going anywhere in life, and I wanted to,” Hendrickson said. “I was always in love with the game, but I never realized I could become a professional in the game until about one and a half years into my career when I picked up the clubs again. Since then I’ve never put them down.”

His passion for the game continued to grow as he practiced and honed his skills.

“I was happy to play again,” Hendrickson said. “I picked up the clubs, practiced, and I found out this is what I really want to do. I used to practice around 12 hours every day on the weekends.”

He continued to practice, get better, and recently, applied to become a member of the All-Marine Golf Team.

“I put in my application, and from around 80 Marines, Sgt. Cummings and I were the only ones from Hawaii who were selected,” Hendrickson said. “They usually accept applications from people who are about four over par, and I was one under par so I was pretty sure I would make it.”

After the Marine Team accepted him, Hendrickson felt as if he

See *GOLF, C-2*



Michael Hendrickson, 23, has played golf since he was two years old. Now he looks forward to playing in the All-Marine Golf tournament September 14.



The winners of the Marine Corps Community Service’s 101 Days of Summer dodgeball tournament, Balls Deep, after a strenuous game and heavy dodging, Saturday, at the Semper Fit Gym.

## ‘Balls Deep’ victorious at dodgeball tournament

Story and Photos by  
Pfc. Achilles Tsantarliotis

Combat Correspondent

Competition was fierce at Marine Corps Community Service’s 10th annual dodgeball tournament, Saturday, at the Semper Fit Gym. Ultimately, “Balls Deep” came in first, with “Seaburn” sliding into second and “Big Loop” trailing in at third.

The tournament was part of the 101 Days of Summer program promoting alcohol-free, safe alternatives to junior enlisted Marines.

“It’s a great program,” said Jim Cosper, coordinator, Single Marine and Sailor Program. “The dodgeball tournament is really popular, and you’ll be surprised how many people get so into it. Ever since the movie, we’ve been seeing a growing number of players and it’s always a good time.”

The tournament consisted of 11 teams, with the winner advancing to the next round. The double-elimination tournament was also part of the Single Marine and Sailor program for all E-5’s and below, but they could invite any rank to play.

Competitors threw balls with a vengeance as they competed for first place, and constantly questioned calls or plays during the game.



Balls Deep and K-Bay Killers make a dash for the balls.

As serious as some of the players were, most of them seemed to enjoy the unconventional game of dodgeball.

“It’s a good time,” said Tony Thomasson, Balls Deep. “You get a chance to compete against your fellow Marines and throw some balls at them. It’s not a game you really practice for. If you’re a competitor, you’re a competitor no matter what and that’s what we did, we just came out and played.”

The winners received an MP3 player and 300 points toward the Commander’s Cup.

## Into the wild blue yonder



Pfc. Achille Tsantarliotis

Combat Service Support Group 3 player Jeremy Nicodemus, 13, watches as Command Patrol Reconnaissance Wing 2 “Terror Squad” player, Frederick Williams, 10, soars through the air and dunks the ball during an Intramural Basketball League regular season game August 21. The Terror Squad beat CSSG 69-47. See C-3 for the Aug. 24 through 31 intramural basketball schedule.



# ONGOING SPORTS BRIEFS

## Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

## Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu.

Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

## Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach is available for overnight camping, but requires a reservation.

Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

## Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

## Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

Call 265-4283 for appointments.

## K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, call K-Bay Lanes at 254-7693.

## K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call K-Bay Lanes at 254-7693.

## Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

## Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

**8:45 to 10 a.m.**  
Step Challenge

**11:45 a.m. to 12:15 p.m.**  
Gut Cut

**4:45 to 5:45 p.m.**  
Cycling

**5:45 to 6:45 p.m.**  
Pilates

**7 to 9 p.m.**  
Aikido

## Semper Fit Center Group Exercise Programs

Boot Camp  
Stretch/Flexibility Training  
Core Conditioning  
Cycling  
Cycle Express  
Gut Cut  
Pilates  
Muscle Conditioning  
Step  
Step it Up  
Step Challenge  
Strength and Conditioning  
Water Aerobics

# Maintain adequate water intake

## Staff

LIFELines

While you are busy having fun this summer remember to frequently drink water. Water is often the last beverage we reach for on a hot summer day. Yet it's the one you need the most.

It's estimated that 60 to 70 percent of your body is water. Water is used by our bodies to get rid of waste in our organs and carries nutrients to all the cells. We lose water through perspiration, respiration and elimination of body waste. People who don't drink enough become dehydrated and feel lethargic; have headaches, muscle aches and cramps.

## How much fluid do you need each day?

- ◆ Men need about 3 liters (13 cups) of total beverages a day and women need about 2.2 liters (nine cups) of total beverages a day according to the Institute of Medicine.
- ◆ Exercise less than one hour and you need about one or two extra cups of water.
- ◆ Exercise more than one hour and you need at least two to three extra cups of water. Drink more if you're sweating a lot or the weather is really warm.
- ◆ During intense, long exercise periods it's a good idea to use a sports drink that contains sodium to replace the sodium lost in sweat.
- ◆ Replace fluid after exercise. Drink 16 ounces of fluid per pound of body weight lost during exercise as a general rule.



File photo

## Have trouble drinking water?

Water is the best choice for fluid replacement. Sports drinks are beneficial for replacing electrolytes lost during long exercise periods. Juices are also good because they have vitamins and nutrients. Sodas and teas can have a lot of sugar in them so you may take in more calories than you need. Try adding a little lemon, lime or orange to water to help it go down. There are also a variety of flavored waters available in the commissary. Be aware of the calories as they add up quickly if you choose flavored waters.

If you drink alcohol remember to drink water. That six-pack of beer may appear to quench your thirst, but alcohol has a diuretic effect that causes the body to lose fluids more than normal. This means if you drink alcohol, you need to drink an equal amount of water especially on hot summer days.

Have questions on water, fluid replacement and other nutrition topics? Please post your questions for a quick response at the DeCA dietitian forum at the commissary's Web site.

# Size doesn't matter



Christine Cabalo

**Deborah Brunson, manager, K-Bay Lanes, holds the smallest and largest bowling shoes available for players. Brunson was one of several representatives from Marine Corps Community Services at the Health and Wellness fair at the Semper Fit Center Aug. 22 to answer questions about available programs.**

## GOLF, from C-1

was advancing in life.

"It feels good," Hendrickson said. "It feels like I'm advancing in the game, and that I am proving I can play this game."

Hendrickson said he attributes his strong comeback to a positive mental mindset.

"That's all golf really is," Hendrickson said. "It's a mind game that is 90 percent mental. If you can't keep your head on straight, then you will lose it. It's like when you're at the range and you take a bad shot. You just have to brush off that shot and ready yourself for the next one. If you make a bad swing in golf, don't worry about it. Just brush it off and set yourself up for the next swing. You can't let one bad swing get into your head."

Hendrickson was unable to enter any tournaments due to operational commitments since joining the Corps, but he has prepared for tournaments with fellow golf enthusiasts.

"I usually play Saturday games against golfers around the area in a skins match," Hendrickson said. "A skins match is where each hole is worth part of a pot that each player contributes to. Sometimes the pots can become pretty huge, but it's the game that counts. The guys I play with have taught me a lot about the game, and it helps to be able to use the time as practice. I feel confident that I'll be able to make the All-Marine team."

The All-Marine tournament's first round is September 14, which is when all the competitors have to check in. It is the qualifying tournament to get on the All-Marine Team and only the top six can make it on the team.

"I know I can make it onto the team," Hendrickson said. "I'm good enough to make it, and most of it will be the mental aspects of the game."

No matter what happens, Hendrickson's love and passion for golfing will continue to be unabated.

"In general, I can't explain it," Hendrickson said. "It's something that I absolutely love to do. Golfing is what I want to do, and I feel comfortable doing it. Besides being with my wife, I am happiest when I can golf."



**Michael Hendrickson takes a swing while practicing on the driving range. Although he worked all night and got off two hours before practicing, his love for the game overcame his need for sleep.**



# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### Fun Run/Walk

Marine Corps Community Services is hosting the Summer Fun Run/Walk around Nuupia Ponds Wednesday at 8 a.m. The event begins and finishes at the Kaneohe Bay Lodge and is the last event of the 101 Days of Summer. Entry fee is \$1 per person and \$10 for 20-person formations. You must register by Tuesday.

For more information, contact MCCS at 254-7636.

### Senior Fit

The Senior Fit/Semper Fit Center, located at Building 3037, will host an eight-week fitness program geared specifically for the older populace. The program, which costs \$30 per person, ends Sept. 7.

For more information, contact Jon Shiota at 254-7597.

### Holokiki O’Alele Half Marathon and 5K Races

The Holokiki O’alele Half Marathon and 5K races are Sept. 9 at 6 a.m. in Kailua. The races benefit the Boys & Girls Club of Hawaii Windward Clubhouse, where civilian and military youth can enjoy a fun, positive atmosphere.

For more information, contact Susan Friedl at 255-7811.

### Take a Shot at Hunger

The 36th National Hunting and Fishing day is Sept. 22 and 23 from 10 a.m. to 4 p.m. at the Koko Head Shooting Range. Bring canned food or cash donations for the Hawaii Food Bank.

For more information, contact the Hawaii Hunter Education Program at 587-0200.

### Tackle Football

Teams for tackle football are still needed. Interested commands call Joe Au at 254-7597.

### Commanders Cup Bowling League

Commanders Cup Bowling League’s first night of bowling is Sept. 10 at 6 p.m. Cost is \$8 per week per bowler plus yearly sanction fee: men \$20 and women \$17. The season runs through April 14, 2008, and the award banquet is May 5, 2008. Teams are mixed four-somes. You must be 18 or older to join, and live or work on Marine Corps Base Hawaii.

Awards are given for team placement as well as individual men and women’s awards. K-Bay Lanes is looking for people who want to have a good time. Grab your co-workers, spouse, next door neighbors or a couple of friends and put a team together.

For more information, call Deborah Bruns, manager, K-Bay Lanes, at 254-7664.

### Women’s Softball

The Women’s Softball team meets every Thursday at 6 p.m. at Annex Field. The team is still looking for players.

For more information, call Joe Au at 254-7597.

### Varsity Basketball Coaches

Varsity Men’s and Women’s Basketball coaches are needed. Applications are being accepted.

For more information, call Joe Au at 254-7597.

### All-Marine Golf

The All-Marine Golf Team is accepting applications for qualified players. Qualified men must have a handicap of four or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.



## 2007 Intramural Basketball Standings

TEAM	WINS	LOSSES
TERROR SQUAD	8	1
HSL-37	5	1
MESS HALL	6	2
CAMP SMITH	6	2
MCAF 1	6	3
3RD MARINE REGIMENT	5	3
VP-4	5	4
MCAF 2	4	4
MALS-24	3	5
IPAC	3	5
VP-9	1	7
3RD RADIO BN	1	7
CSSG-3	1	8

Standings as of August 22

## Upcoming Intramural Basketball Schedule

### August 24

6 p.m. VP-4 vs TERROR SQUAD  
7 p.m. MCAF 1 vs VP-9  
8 p.m. MESS HALL vs 3RD MAR REG

### August 27

6 p.m. VP-9 vs IPAC  
7 p.m. MALS-24 vs CAMP SMITH  
8 p.m. CSSG-3 vs 3RD MAR REG

### August 28

6 p.m. MCAF 2 vs HSL-37  
7 p.m. 3RD RADIO BN vs MESS HALL  
8 p.m. MCAF 1 vs TERROR SQUAD

### August 29

6 p.m. CSSG-3 vs 3RD RADIO BN  
7 p.m. TERROR SQUAD vs VP-9  
8 p.m. MCAF 2 vs CAMP SMITH

### August 31

6 p.m. IPAC vs HSL-37  
7 p.m. MALS-24 vs MESS HALL  
8 p.m. VP-4 vs 3RD MAR REG



## Sandbar bound



Cpl. Chadwick deBree

Patrons take a pontoon boat from the Base Marina to the sandbar in Kaneohe Bay, Aug. 14. The Base Marina offers classes every Saturday and Sunday for boat licenses, and offers affordable boat rentals. The Base Marina also offers activities such as snorkeling, camping and fishing. The Base Marina is open from 8 a.m. to 6 p.m.

## — BASE POOL HOURS —

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

### Summer hours:

#### Open swim

Tuesday through Thursday 1 to 6 p.m.  
Saturday and Sunday 12 to 6 p.m.

#### Adult Lap swim

Tuesday through Thursday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available 12 to 6 p.m.

#### Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.  
Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655.

Summer swim lessons are now available for infants to adults.

Lessons are open to all active duty, family members and DoD employees.

For more information, call Dino Leonard at 254-7655.



## DANCE MOVEMENT — ACADEMY AND — K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Call 479-3273 to arrange your free class.

Fees will vary according to class frequency and length.





# HEALTH AND WELLNESS

## Cataract awareness month disproves myths

**Press Release**  
*American Academy of Ophthalmology*

Did you know that 20.5 million Americans age 40 and older have cataracts, one of the most curable causes of vision loss?

To recognize Cataract Awareness Month in August, eye doctors want to debunk myths about cataracts and remind people they don't have to live with vision loss from cataracts.

A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision. They form slowly and cause no pain. Some stay small and hardly affect vision, but if the cataract does grow and begin to affect your vision, it can usually be removed with surgery.

Cataracts are the leading cause of blindness worldwide; however, in most cases, vision loss from

cataracts is reversible. New techniques developed over the past decade have made cataract surgery one of the safest and most successful procedures available in terms of restoring quality of life to patients. Each year there are more than 1.6 million of these delicate eye surgeries performed in the United States.

There are no drugs or exercises that will make a cataract disappear, and contrary to popular belief, cataracts are not removed using lasers. Lasers are used in follow-up procedures, if needed. Cataract surgery is most often done as an outpatient procedure under local anesthesia.

The cloudy natural lens can be replaced with an artificial lens to give the eye proper focusing power. In most cases, the improvement in the patient's vision is profound.

**So how do you know if you**

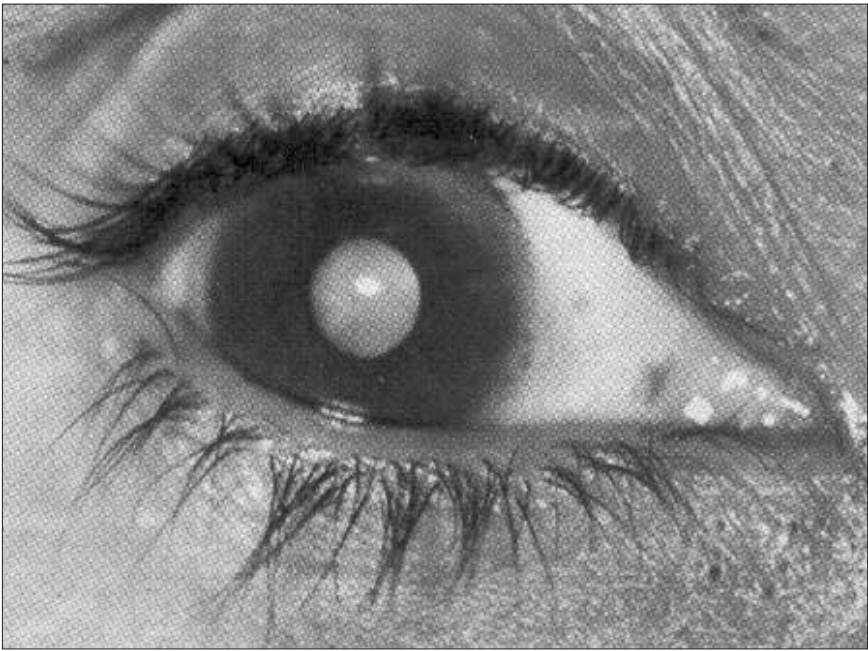
**have a cataract?**

Some people notice a gradual painless blurring of vision, double vision in one eye or fading or yellowing of colors. When older patients mention sensitivity to glare and/or bright light or trouble driving at night, this may be caused by cataracts. Or, if a patient needs frequent changes to his or her glasses or contact lens prescriptions, they should get a cataract evaluation.

Cataracts do not have to be "ripe" before they are removed. The best time to have a cataract removed is when it starts to interfere with the things you like to do.

Cataract surgery, although quite safe, is still surgery. If cataracts don't affect your quality of life, you may feel that surgery is not needed.

The only person who can really decide when it's time to have them removed is you, under the care of your doctor.



File photo

Eye health care is provided by the three “O”s – opticians, optometrists and ophthalmologists. It is the ophthalmologist, or eye M.D., who can treat it all – eye diseases and injuries, and perform eye surgery.

## Take action for a cure during Psoriasis Awareness Month

**Press Release**  
*National Psoriasis Foundation*

**PORTLAND, Ore.** — August is Psoriasis Awareness Month, and the National Psoriasis Foundation is asking the public for help with a research program aimed at finding a cure for psoriasis—a disease that affects as many as 7.5 million Americans, according to the National Institutes of Health.

Earlier this year, the Psoriasis Foundation launched the National Psoriasis Victor Henschel BioBank—an initiative that will create the largest collection of psoriasis DNA samples ever gathered for psoriasis genetics research. The Psoriasis Foundation is seeking BioBank participants to help reach a goal of 2,000 samples by the end of 2007. Participants do not have to have psoriasis to qualify for the study; the research calls for 1,000 cases (people with psoriasis or psoriatic arthritis) and 1,000 controls (people without the disease and without psoriasis in their family).

In the past, psoriasis was often dismissed as a cosmetic skin disorder. Research over the past 10 years, however, has shown that while psoriasis may manifest itself on the skin or in the joints, it actually starts beneath the skin's surface, in the immune system. Richard Mengelkoch of Union City, Calif., has had psoriasis for 34 years. He tried "what seems like every over-the-counter and prescription drug available." He's participated in clinical trials in his search to find a treatment that works.

"I've always held hope for a cure," said Mengelkoch. "Participation in the BioBank was one of the easiest things I've ever done."

According to Gail Zimmerman, president and CEO of the National Psoriasis Foundation, "Researchers believe there is a genetic component to this disease, so it's important to gather samples from people with and without psoriasis for the study."

The National Psoriasis BioBank is unique in two ways: The study has a software component that will collect data to study disease trends such as age of onset, effectiveness of treatments and health conditions associated with psoriasis. Moreover, scientific research studies like the BioBank are typically conducted in large hospitals or universities; the National Psoriasis BioBank was created, funded and is managed by the National Psoriasis Foundation — a nonprofit patient advocacy organization.

Participation in the BioBank begins with an online registration at

<http://www.psoriasis.org/biobank>. A variety of factors determine who is qualified to participate. Qualified individuals submit a blood sample and swab of cheek cells via a kit provided by the BioBank, along with a completed medical history booklet. There is no cost to the participant and rigorous processes have been integrated into the program to protect the privacy of each contributor.

"Some people will qualify for all phases of the study. Others won't," said Zimmerman. "But even those who don't qualify can make an important contribution to our work by stepping up to register, spreading awareness about psoriasis and asking others to participate."

For more information, or to submit a registration form for the BioBank, go to [www.psoriasis.org/biobank](http://www.psoriasis.org/biobank), or call the National Psoriasis Foundation at 800.723.9166.

**About psoriasis**

Psoriasis is a genetic, life-altering disease that results when faulty signals in the immune system prompt skin cells to regenerate too quickly, causing red, scaly lesions that can itch, crack and bleed. Ten percent to 30 percent of people with psoriasis also develop psoriatic arthritis, an inflammatory disease which causes pain, stiffness and swelling in and around the joints. There is no cure for this lifelong disease.

**About the National Psoriasis Foundation**

The National Psoriasis Foundation is the leading patient-driven, nonprofit organization dedicated to improving the quality of life of millions of Americans with psoriasis and/or psoriatic arthritis, and their families. For more information, please visit the Psoriasis Foundation at <http://www.psoriasis.org>.

## Psoriasis frequently asked questions

- What is psoriasis?**

Psoriasis is an immune-mediated, genetic disease manifesting in the skin and/or joints.

According to the National Institutes of Health, as many as 7.5 million Americans have psoriasis. In plaque psoriasis, the most common type, patches of skin called "lesions" become inflamed and covered by silvery white scale.

Psoriasis can be limited to a few lesions or can involve moderate to large areas of skin. The severity of psoriasis can vary from person to person; however, for most people, psoriasis tends to be mild.
- Is psoriasis contagious?**

Psoriasis is not contagious. It is not something you can "catch" or "pass on." The psoriatic lesions may not look good, but they are not infections or open wounds. People with psoriasis pose no threat to the health or safety of others.
- What causes psoriasis?**

No one knows exactly what causes psoriasis, but it is believed to have a genetic component. Most researchers agree that the immune system is somehow mistakenly triggered, which speeds up the growth cycle of skin cells. A normal skin cell matures and falls off the body's surface in 28 to 30 days. But a psoriatic skin cell takes only three to four days to mature and move to the surface. Instead of falling off (shedding), the cells pile up and form the lesions.
- How is psoriasis diagnosed?**

No special blood tests or diagnostic tools exist to diagnose psoriasis. The physician or other health care provider usually examines the affected skin and decides if it is from psoriasis. Less often, the physician examines a piece of skin (biopsy) under the microscope.
- Is there a cure for psoriasis?**

There is no cure, but many different treatments, both topical (on the skin) and systemic (throughout the body),
- can clear psoriasis for periods of time. People often need to try out different treatments before they find one that works for them.
- What treatments are the best for me?**

The unpredictable nature of psoriasis makes treatment challenging for many people. A wide range of treatments is available. No single psoriasis treatment works for everyone, but something will work for most people. It is hard to predict what will work for a particular individual; however, it is important to be open-minded and willing to work with your doctor to find a treatment that will work for you.
- Is all psoriasis alike?**

No. There are various forms of psoriasis. Plaque psoriasis is the most common. Other forms are:

  - ◆Guttate [GUH-tate], characterized by small dot-like lesions.
  - ◆Pustular [PUHS-choo-ler], characterized by weeping lesions and intense scaling.
  - ◆Inverse, characterized by intense inflammation.
  - ◆Erythrodermic [eh-REETH-ro-der-mik], characterized by intense shedding and redness of the skin.
- Psoriasis can range from mild to moderate to very severe and disabling.
- Can psoriasis affect all parts of the body?**

Psoriasis most commonly appears on the scalp, knees, elbows and torso. But psoriasis can develop anywhere, including the nails, palms, soles, genitals and face (which is rare). Often the lesions appear symmetrically, which means in the same place on the right and left sides of the body.
- Can psoriasis occur at any age?**

Psoriasis often appears between the ages of 15 and 35, but it can develop at any age. Approximately 10 percent to 15 percent of those with psoriasis get it before age 10. Some infants have psoriasis, although this is considered rare.

- Is psoriasis more prevalent in men or women, or in different ethnic groups?**

Psoriasis occurs nearly equally in men and women across all socioeconomic groups. It is also present in all racial groups, but in varying rates.
- What health complications are associated with psoriasis?**

The skin, the largest organ in the body, plays an important role. It controls body temperature and serves as a barrier to infection. Large areas of psoriasis can lead to infection, fluid loss and poor blood flow (circulation).
- Is psoriasis linked to other diseases?**

Psoriatic arthritis is a specific type of arthritis that has been diagnosed in approximately 23 percent of people who have psoriasis, according to the Psoriasis Foundation's 2001 Benchmark Survey. Psoriatic arthritis is similar to rheumatoid arthritis but generally milder. In psoriatic arthritis, the joints and the soft tissue around them become inflamed and stiff. Psoriatic arthritis can affect the fingers and toes and may involve the, neck, lower back, knees and ankles. In severe cases, psoriatic arthritis can be disabling and cause irreversible damage to joints.
- If I have psoriasis does that mean I will develop psoriatic arthritis?**

Approximately 10 percent to 30 percent of people with psoriasis will develop psoriatic arthritis, although it often may go undiagnosed, particularly in its milder forms. It can develop at any time, but for most people it appears between the ages of 30 and 50. Having psoriasis does not guarantee that you will eventually develop psoriatic arthritis.

For more questions and answer visit the Psoriasis Foundation at <http://www.psoriasis.org>.



# AROUND THE CORPS

## Hundreds play in mud to support wounded Marines

Story and Photo by  
**Lance Cpl. Josephh Stahlman**

*U.S. Marine Corps Forces, Special Operations Command*

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — How do you create a world-class event to increase awareness and support for the injured Marines, Sailors and families of Wounded Warrior Battalion-East? Simple: Start with equal parts dirt and water. Mix vigorously. Then add 14 obstacles and invite hundreds of people who thrive on challenge.

More than 65 four-person teams, including two teams from Marine Special Operations Advisor Group, U.S. Marine Corps Forces, Special Operations Command, participated in the inaugural Marine Mud Run at Belmont Abbey College at Belmont, N.C., the first week of August.

"Having fun in the mud and raising money for Wounded Warriors: It doesn't get much better than that," explained Gunnery Sgt. Kent Groves, a team sergeant with MSOAG. "The entire event was a lot of fun and was for a great cause."

The event was open to the public and included several team categories: military, public safety, corporate, college, community, and military youth groups.

"The community has really pulled together for this event," said Monty Monteleone, retired Marine and Director of Corporate and Foundation Relations for Belmont Abbey College. "We are glad to have MARSOC out here for such a great cause."

Monteleone, who began co-planning the event more than eight months ago, gathered sponsors and participants from the surrounding area to support the Wounded Warriors.

"We gained a lot of support for the run and had over 70 volunteers to help out with the day's events," explained Monteleone.

The mud run teams slogged their way through the mud-soaked 3.8 mile obstacle course that included challenges such as a 50-yard duck walk, push-up and jumping jack stations, sand-bag carries, climbing walls and the crowd's favorite, a "big ol' mud pit."

"Carrying all the extra mud in our pockets and boots weighed us down," Groves explained.

Some participants were able to run throughout the course, others had to walk at times, but the participants from each team finished together to support a worthy cause.

"I was very impressed with everyone's performance," said Lance Cpl. Ryan Harper, a motor transportation operator



**A Marine with Marine Special Operations Advisor Group, U.S. Marine Corps Forces, Special Operations Command does push-ups in the mud during the inaugural Marine Mud Run at Belmont Abbey College.**

who was wounded in Ramadi, Iraq, Feb. 16. "It's great to see how many people still care."

Monteleone hopes the show of support for this inaugural Marine Mud Run was just the start. "We hope to make this an annual event and make it even bigger next year," he said. "We would love for MARSOC to come back next year."

"I would definitely do that again next year," said Groves,

whose team finished second in the military category with a time of 44 minutes, 47 seconds. "It impressed me to see the community show so much support for our Wounded Warriors."

A team of Marines from the 4th Maintenance Battalion, Marine Corps Reserve Center, Charlotte, N.C., placed first in the military category.